

Pandemic Flu Planning



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H1N1 Novel Influenza Facts and Pandemic Flu Planning

Protect yourself and your family

Getting ready for a pandemic starts now – and there's a lot you can do.

Stay healthy

Keep yourself in shape. Eat nutritious foods, don't smoke, exercise regularly, and get enough sleep. And get a flu shot every fall, so you're protected against ordinary "seasonal" flu.

Learn how to avoid spreading disease

Practice "respiratory etiquette." Start developing habits that will help you avoid getting – or spreading – infectious diseases. Cover your nose and mouth with a tissue – or the upper part of your sleeve – when you cough or sneeze. Dispose of the tissue afterward. Wash your hands thoroughly – and frequently. If you don't have access to soap and water, use an alcohol-based, waterless hand cleaner.

Develop a family emergency plan

Know how you'll get in touch with each other – and where you'll gather as a family – in an emergency. Know where you'll go, and what you'll do. Keep a list of emergency phone numbers in a handy place. Know what routes you will use if you have to evacuate. Store emergency numbers in your cell phones under "ICE" ("In Case of Emergency"), so someone else can call your emergency numbers if you're not able to. Use more than one entry ("ICE-1," "ICE-2," etc.) if you have more than one emergency number.

Create an emergency kit

Make sure your kit has everything you'll need to get by if you have to remain at home for a period of time – up to two weeks, if possible. Be sure to include:

- A supply of drinking water (one gallon per person per day) and nonperishable food.
- Basic equipment like a flashlight, battery-operated radio, and a supply of batteries. Be sure to include a manual can opener.
- Personal care products – soap, toiletries, waterless hand cleaner, extra glasses or contact lenses, prescription and over-the-counter drugs, tissues and toilet paper, and any special items for infants or people with special health needs.
- A good first aid kit.
- Kitchen utensils and dishwashing supplies.
- Extra clothing and bedding.
- Critical miscellaneous items – notebook & pen, whistle, money & credit cards, extra car keys, medical and insurance information, and copies of other important documents.
- Games, reading material, and other entertainment items – for children and adults. You might need to stay home for a while during a pandemic.

Get more information

Pandemicflu.gov is a Federal site with comprehensive information about swine, avian, and pandemic influenza.

H1N1 Novel Influenza Facts

H1N1 novel influenza is a respiratory illness caused by a virus. H1N1 is a certain kind of influenza that can cause infection in humans.

What are the signs and symptoms of H1N1 novel influenza?

The symptoms are similar to seasonal flu:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases diarrhea and vomiting

How does H1N1 influenza spread?

- When a person with flu coughs or sneezes.
- Touching something with flu viruses on it and then touching your eyes, nose, or mouth.

What can I do to protect myself from getting sick?

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve.
- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Stay healthy: eat nutritious foods, get enough sleep, and exercise.

What should I do if I get sick?

If you become ill with influenza-like symptoms, including fever, cough, sore throat, and stuffy nose, you should:

- Call your healthcare provider to determine if you need to be evaluated.
- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

Clean your Hands
It is as easy as 1, 2, 3...

Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduce the spread of the common cold and flu. Use an alcohol-based handrub when your hands are not visibly soiled. Wash your hands with soap and water when your hands are visibly soiled.

Food handlers in restaurants, schools, daycares and grocery stores must wash their hands with soap and water. See www.cdc.gov/nczod/diseases/zoonotic/h1n1flu/

1 When you wash your hands use warm water if it is available.
2 Lather with soap and rub hands vigorously for 20 seconds.
3 Rinse thoroughly.
3 Dry with a clean towel.

1 When you clean hands with an alcohol-based handrub use enough to cover all surfaces of hands.
2 Put handrub on the palm of one hand.
3 Rub hands, covering all surfaces of hands and fingers with handrub.
3 Rub until dry.

MDH
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Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your Hands after coughing or sneezing.

Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

CDC
MDH
APIC

More information:

Minnesota Department of Health
1-877-676-5414
TTY: 651-201-5797
Centers for Disease Control and Prevention
1-800-CDC-INFO (800-232-4636)
TTY: 1-888-232-6348